

# Addressing Disaster Preparedness in Rural Communities

Steve Rykal

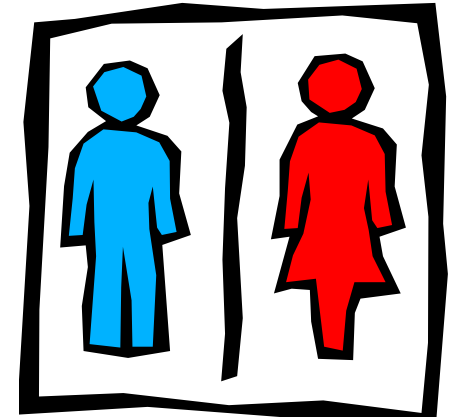
Emergency Coordinator

Chickahominy Health District

June 26, 2014

*“Failing to Prepare is Preparing to Fail”*

# Addressing Disaster Preparedness in Rural Communities



# Addressing Disaster Preparedness in Rural Communities

## What We'll Discuss Today

- Challenges Specific to Rural Communities
- What are the Threats?
- The Basics
- Other Considerations
- Volunteer Opportunities
- Useful Links & Resources

# Addressing Disaster Preparedness in Rural Communities

## Challenges for Rural Communities

- **GEOGRAPHY**
  - Larger area often w/obstacles such as rivers and mountains
  - Compromises accessibility and response times

# Addressing Disaster Preparedness in Rural Communities

## Challenges for Rural Communities

- **LIMITED RESOURCES**

- Emergency Management Personnel
- Limited/Unstable Funding
- Less likely to share/pool resources w/ neighboring jurisdictions
- Limited/Spotty Internet & Cell Phone Coverage

# Addressing Disaster Preparedness in Rural Communities

## Challenges for Rural Communities

- **Power Outages**

- Power is typically restored first in the most densely populated areas

- **Information**

- TV & radio typically focus and report on news specific to the urban jurisdictions (main viewership base)

# Addressing Disaster Preparedness in Rural Communities

## What are the Threats?

- Tropical Storms/Hurricanes
  - Tornadoes
  - Winter Storms
  - Heat Waves
  - Earthquakes
  - Fires
- Release of Hazardous Materials
- Large Scale Disease Outbreaks
- Terrorism

# Addressing Disaster Preparedness in Rural Communities

## The Basics

- ✓ **MAKE A PLAN**
- ✓ **GET A KIT**
- ✓ **STAY INFORMED**



# Addressing Disaster Preparedness in Rural Communities Make a Plan



# Addressing Disaster Preparedness in Rural Communities

## Make a Plan

What are the advantages of  
planning ahead?

# Addressing Disaster Preparedness in Rural Communities

## Make a Plan

- Out-of-Town Contacts
- Meeting Places/Contact Info
  - Local
  - Out-of-town
- Work & School Locations/Contact Info

# Addressing Disaster Preparedness in Rural Communities

## Make a Plan

- Medical Contacts
  - Doctors, Veterinarians, Pharmacists, etc!
- Insurance Contacts
  - Medical Homeowner/Rental, Vehicle, Flood
- Utility Shut-Off Instructions
- Local Emergency Contacts

# Addressing Disaster Preparedness in Rural Communities

## Get a Kit



# Addressing Disaster Preparedness in Rural Communities

## Get a Kit

Following a disaster, it may take  
**three to FIVE days** for outside  
assistance to reach you!

# Addressing Disaster Preparedness in Rural Communities

## Get a Kit

- Water

- One gallon water per person (& pet) per day (3-5 days)

- Food

- (3-5 days) non-perishable; high protein; requiring no cooking

# Addressing Disaster Preparedness in Rural Communities

## Get a Kit

- First Aid Kit
- Battery-powered or hand cranked radio
  - Flashlight
  - Batteries
- Cell phone/charger
  - Whistle
  - Dust Masks
  - Can Opener
- Cash (small bills)



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## Get a Kit

- Personal Sanitation Items
- Plastic Sheeting/Duct Tape
  - Multi-tool
  - Local/Regional Maps
  - Important Documents
- Medications/Med Supplies
- Warm Clothes/Blankets
  - Comfort Items
  - Pet Items

# Addressing Disaster Preparedness in Rural Communities

## Get a Kit

### Sample Checklist for Emergency Kit

[www.vdh.virginia.gov/OEP/pdf/DisasterChecklist.pdf](http://www.vdh.virginia.gov/OEP/pdf/DisasterChecklist.pdf)

# Addressing Disaster Preparedness in Rural Communities

## Get a Kit Grab & Go!



# Addressing Disaster Preparedness in Rural Communities

## Stay Informed



# Addressing Disaster Preparedness in Rural Communities

## Stay Informed

- Know local emergency management organizations' phone #s, web pages
  - Emergency Mgmt, Fire/EMS, Law Enforcement, Social Services, etc!
- Subscribe to Alert Services
  - Reverse 9-1-1
  - Other Local Alert/Notification Systems

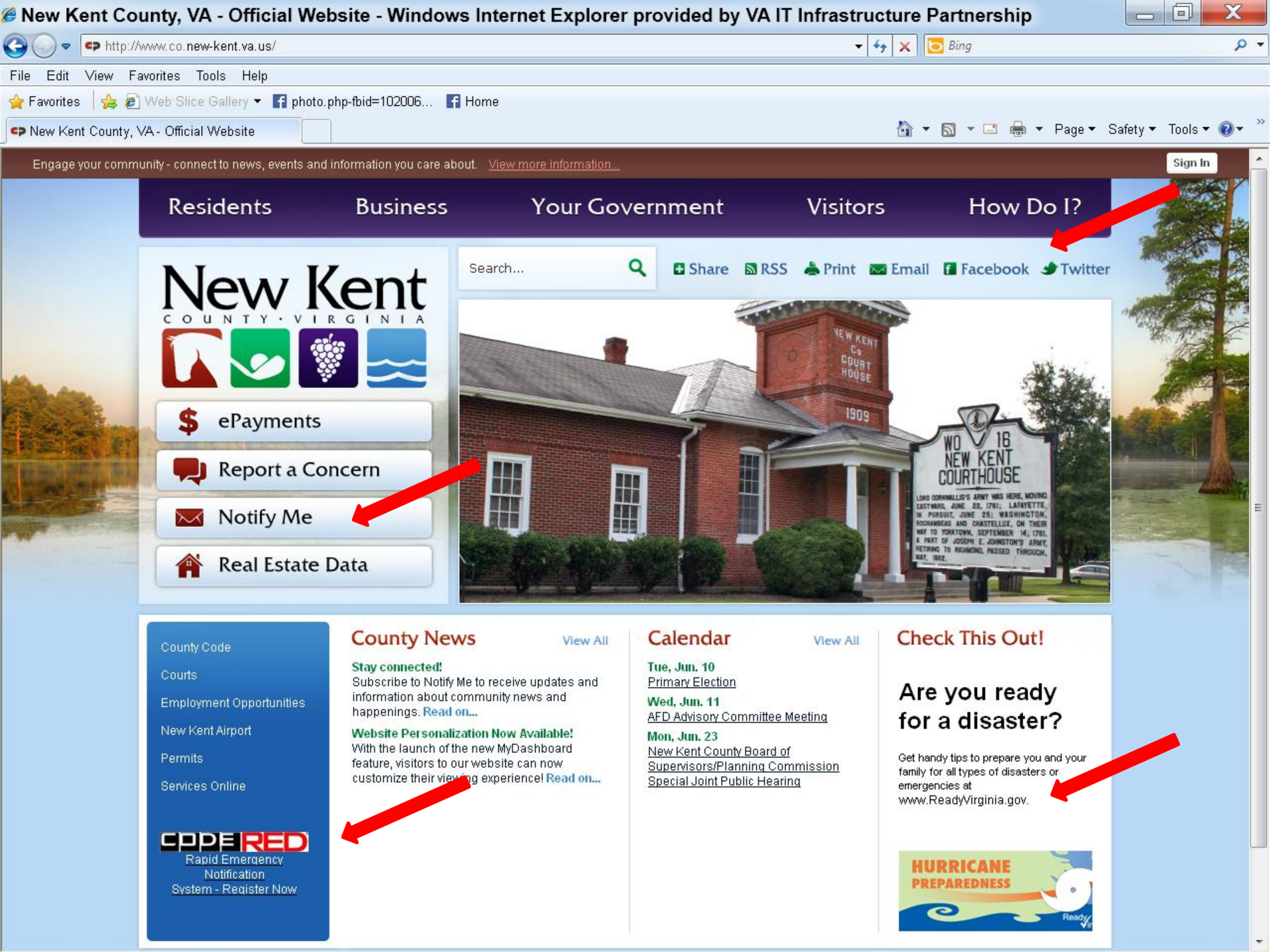
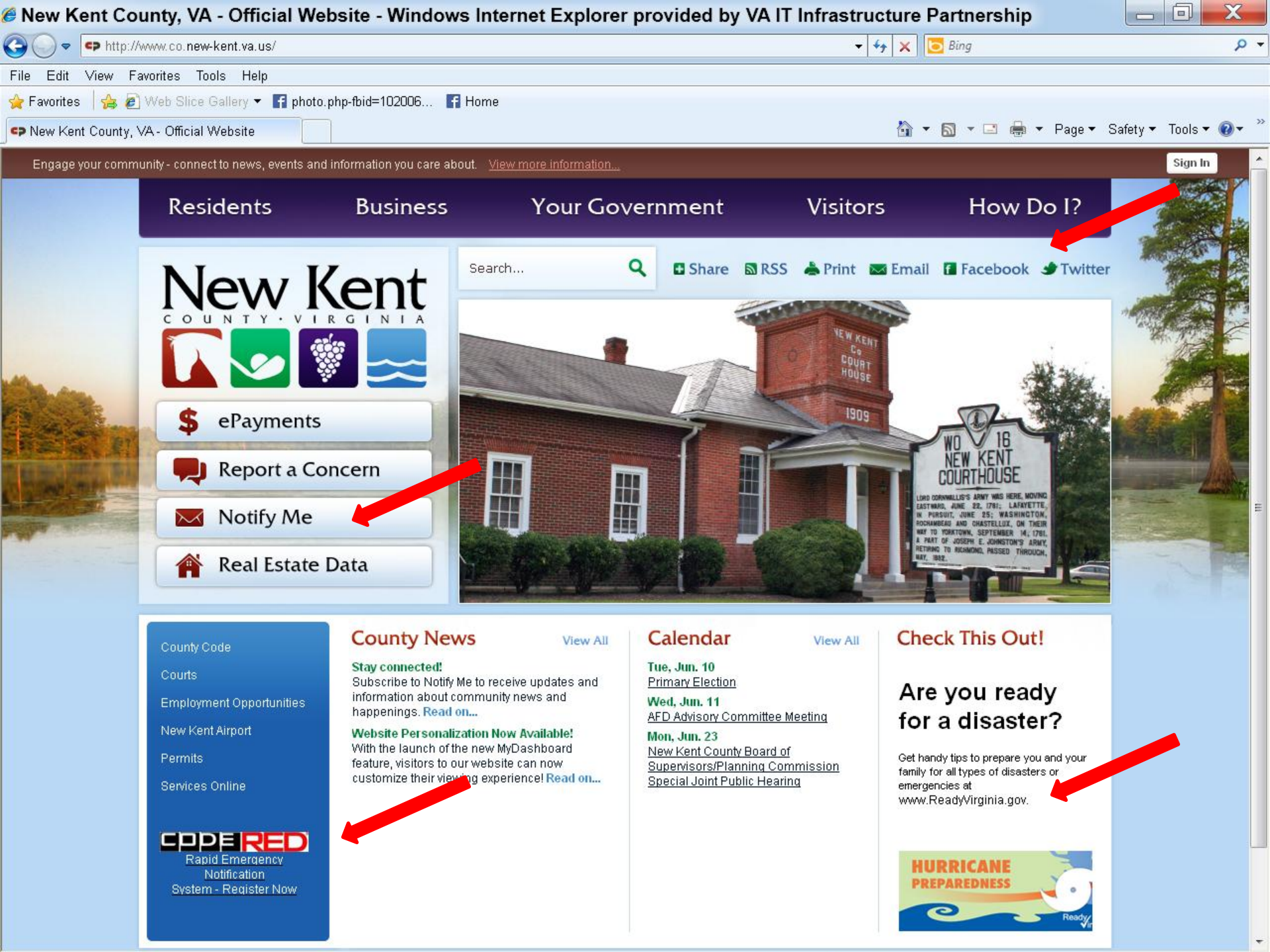
# Addressing Disaster Preparedness in Rural Communities

## Stay Informed

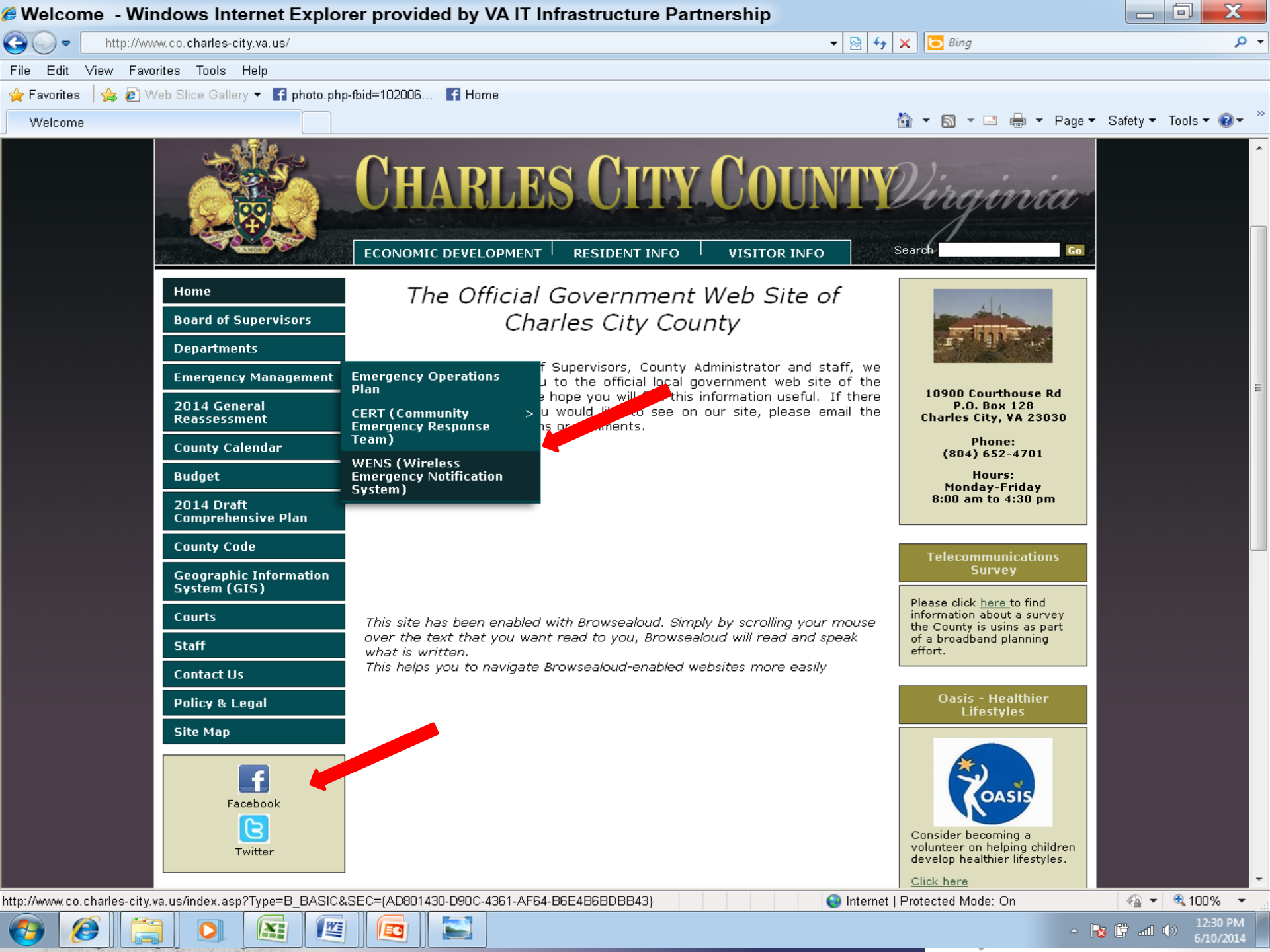
- Social Media

- Facebook, Twitter, etc!

\*Many city & county governments have Facebook & Twitter pages where you can go to find local and up-to-date info on emergency preparedness.











# Mathews County Virginia

Search... Mathews County Website Go

Home About Us Government Departments & Services For Residents For Businesses For Visitors I want to...

Emergency Services

- Contact Us
- CodeRed Emergency Alert System

## Departments & Services

### Emergency Services

Print Feedback Share & Bookmark Font Size: + -

**Immediate Emergency Services:**

**In the event of an emergency always dial 911**

**Disaster and Emergency Preparedness Information:**

The Mathews County Emergency Services office handles and coordinates all responses in the event of a natural disaster and or terrorist threat. The Emergency Services Coordinator attends many training meetings throughout the year in an effort to better prepare for proper response. This office does not hold normal business hours, instead it is an as-needed service and is always on-call. In the event of an emergency, the emergency operations center would be located in the Sheriff's office at Libert Square.

We would like to assure you that in the event of an emergency, our County officials are working hard for the safety and well-being of our citizens. For local information such as weather related closings, delays, warnings, watches, evacuations, etc., please tune to your local television stations or listen to your radio. The Mathews County Public Schools and the Mathews County Government offices will relay this information to the media as early in the morning as possible.

Below is a list of links to outside agencies that in the event of a man-made or natural disaster, you will be able to find information you need on how to prepare for or survive an event.

- National Weather Service/Wakefield
- Virginia Department of Emergency Management
- Ready.gov
- FEMA
- Centers for Disease Control
- American Red Cross
- Emergency Planning For The Family

If you would like to receive updates via reverse 911 phone system through our CodeRed Emergency Alert system, please visit that website at [www.codedredweb.com](http://www.codedredweb.com).

# Addressing Disaster Preparedness in Rural Communities

## Stay Informed

Who should I contact to learn more about  
emergency preparedness in my area?

- Local Jurisdiction Emergency Manager

[www.vaemergency.gov/readyvirginia](http://www.vaemergency.gov/readyvirginia)

- Local Health District Emergency Coordinator

[www.vdh.virginia.gov/LHD/index.htm](http://www.vdh.virginia.gov/LHD/index.htm)

# Addressing Disaster Preparedness in Rural Communities

## Stay Informed

### National Oceanic & Atmospheric Administration (NOAA) Weather Radio

- Programmed to WeatherBand Frequencies
- Plug-in and Battery-Powered
- AM and FM
- Approx \$20 in most Big Box Stores

# Addressing Disaster Preparedness in Rural Communities

## Other Considerations

- Seniors
- Children
- Pets
- Non-English Speaking Population
- People w/Disabilities or  
Access and Functional Needs

# Addressing Disaster Preparedness in Rural Communities

## Other Considerations

- Orders to Evacuate or Shelter-in-Place
  - Evacuation Plans/Routes
    - Emergency Shelters
      - Your Vehicle
        - Livestock

# Addressing Disaster Preparedness in Rural Communities

## Other Considerations

### Backup Power & Heat



# Addressing Disaster Preparedness in Rural Communities

## Other Considerations

### Food Safety

[www.fda.gov/downloads/Food/RecallsOutbreaksEmergencies/ucm076962.pdf](https://www.fda.gov/downloads/Food/RecallsOutbreaksEmergencies/ucm076962.pdf)

### Water Safety

[www.cdc.gov/healthywater/pdf/emergency/09\\_202278-B\\_Make\\_Water\\_Safe\\_Flyer\\_508.pdf](https://www.cdc.gov/healthywater/pdf/emergency/09_202278-B_Make_Water_Safe_Flyer_508.pdf)

# Addressing Disaster Preparedness in Rural Communities



**Review and Update  
Your Emergency Plan and Kit  
Every Six Months**





# Learn to Be Prepared for Disasters

**Saturday September 27, 2014**

Locations throughout Central VA  
Sign Up at [www.SurvivorDay.com](http://www.SurvivorDay.com)  
or dial 2-1-1



Check in starts  
at 8 am  
Class runs from  
9 am noon

**FREE**  
**Survivor Kit**  
One per household  
(Must complete training)



## Charles City

Government Center Building  
10900 Courthouse Rd  
Charles City VA 23030

## Chesterfield

Eanes-Pittman Public Safety  
Training Center  
6610 Public Safety Way  
Chesterfield VA 23832

## Colonial Heights

Colonial Heights  
Technical Center  
3451 Conduit Rd  
Colonial Heights VA 23834

## Dinwiddie

Eastside Community  
Enhancement Center  
7301 Boydton Plank Rd  
Petersburg VA 23803

## Goochland

Fire-Rescue Station #3  
52 Broad Street Road  
Goochland VA 23103

## Hanover

County Board Room  
7516 County Complex Rd  
Hanover VA 23069

## Henrico

Henrico County  
Training Center  
7701 E. Parham Rd  
Henrico VA 23294

## Hopewell

Hopewell City Hall - Council  
Chambers  
300 North Main St  
Hopewell VA 23860

## Powhatan

Powhatan Village Building 3910  
Old Buckingham Rd  
Powhatan VA 23139

## Prince George

Moore Middle School  
11455 Prince George Drive  
Disputanta VA 23842

## Richmond

Main Library  
101 E. Franklin St  
Richmond VA 23219

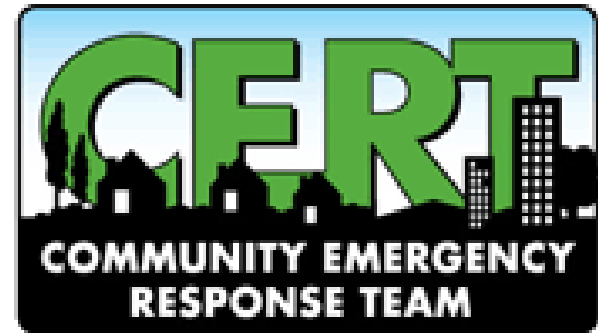
Individuals with disabilities who require reasonable accommodations should contact Kathy Robins, Senior Planner, at the Richmond Regional Planning District Commission at 804-323-2033 or email at [krobins@richmondregional.org](mailto:krobins@richmondregional.org) at least 10 business days prior to the event. Every effort will be made to provide reasonable accommodations.



# Addressing Disaster Preparedness in Rural Communities

Volunteer w/Local Emergency Response Organizations

**VIRGINIA**



# Addressing Disaster Preparedness in Rural Communities



## National Terrorism Advisory System

- Replaced old color-coded Homeland Security Advisory System in 2011
- Alerts only issued when credible information is available
- Alerts include a clear statement that there is an imminent threat or elevated threat.

# Addressing Disaster Preparedness in Rural Communities

## More Useful Links & Resources

[www.vaemergency.gov](http://www.vaemergency.gov)

[www.vdh.virginia.gov](http://www.vdh.virginia.gov)

[www.vamrc.org](http://www.vamrc.org)

[www.dss.virginia.gov/community/211.cgi](http://www.dss.virginia.gov/community/211.cgi)

[www.ready.gov](http://www.ready.gov)

[www.fema.gov](http://www.fema.gov)

[www.redcross.org](http://www.redcross.org)

[www.survivorday.com](http://www.survivorday.com)

# Addressing Disaster Preparedness in Rural Communities

## More Useful Links & Resources

### Propio Language Services

<b>Telephone access #</b> <b>1-888-804-2044</b>	
Hanover Acct # xxxx	Goochland Acct # xxxx
Charles City Acct # xxxx	New Kent Acct # xxxx
WIC Staff Acct # xxxx	
<b>Please use the site's acct. number where you are placing the call except for WIC staff.</b>	
<b>Cost Codes:</b>	<b>023</b> for non-grant (coop) services <b>423</b> for grant services
<b>FIPS Code:</b>	<b>036</b> = Charles City <b>075</b> = Goochland <b>085</b> = Hanover <b>127</b> = New Kent <b>000</b> = Grants



# Culturally and Linguistically Appropriate Service (CLAS) Resources



Navigating the U.S. Health Care System for Immigrants, Refugees and Migrants:

<http://www.vdh.virginia.gov/OMHHE/healthequity/navigating-healthcare.htm>

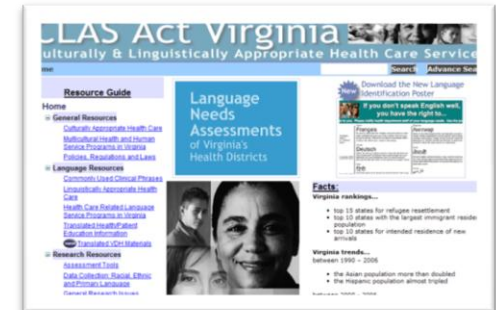
For more information or additional resources, please visit:

<http://www.vdh.virginia.gov/OMHHE/healthequity/clasact.htm>

or contact

Marilyn Breslow,  
CLAS Specialist

[marilyn.breslow@vdh.virginia.gov](mailto:marilyn.breslow@vdh.virginia.gov)  
(804) 864-7438



CLAS Act Virginia Website:

<http://www.vdh.virginia.gov/ohp/p/CLASact/default.aspx>



Language Identification Poster:

<http://www.vdh.virginia.gov/OMHHE/healthequity/documents/8x11languagecard.pdf>



Virginia Medical Interpreter Database

VMID:

<https://www.vdh.virginia.gov/OMHHE/healthequity/MID/Home/Disclaimer>

# Addressing Disaster Preparedness in Rural Communities



## Questions?

# Addressing Disaster Preparedness in Rural Communities

# Thank you!

Steve Rykal

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Chickahominy Health District

(804) 365-4345

[Steven.rykal@vdh.virginia.gov](mailto:Steven.rykal@vdh.virginia.gov)

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